

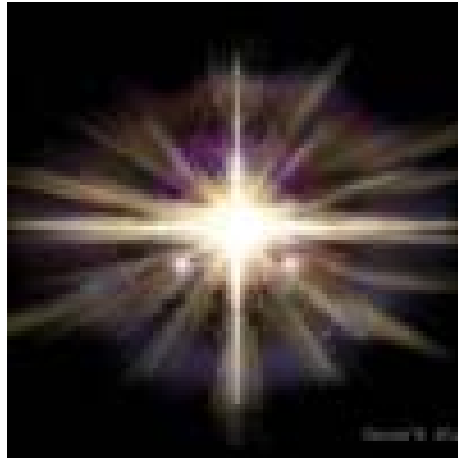


Empowering your Spiritual Journey

The Empowerment Program

Here  Now  this Moment

“I feel like crap and I don’t know why”...



This too shall pass.

*The more symptoms you have,
the more I can assure you
something good is happening,
Symptoms indicate the old is on its way out.
It is part of the process*

*From a higher point of view,
there is nothing wrong.
Even if it doesn't appear that way.
Everything is in divine order.*

~ Richard Alan, *Empowerment & the Book of e-Games*

Introduction: e-Games are designed to raise your frequency. The present generates a higher state of resonance than the past or the imagined future. Symptoms that you are currently experiencing will be released. **Thank You for that.**

Simply turn the whole thing over...

*Letting go is not giving up anything. It is allowing. It's time to open
your-self up to that greater part of you... the part that is*

100% for you BE-coming...

The only thing you need to know is that the old is on its way out: It is automatically replaced with the new. The process is automatic and ongoing. **Thank You for that.**

Trust turns into faith. Faith then turns into grace and ease.
The Laws of Grace require no understanding or trying to understand...

~ Richard Alan, *Empowerment and The Book of e-Games*



The good news is that you are not required to understand or do anything other than to allow that which is no longer useful to drop away: Know this; symptoms of dis-ease and discord are already on their way out. This process is taking time however, because on some level or layer, you are in resistance. There are e-Games that will facilitate the release. **Thank You for that.**

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Once the symptoms are gone, something takes the space of what has been released: It is the present with peaceful alertness. **Thank You for that.**

If on some level you are holding onto something for your highest and best good, you may experience resistance as one or more of *The Symptoms* outlined below.

- **Are you feeling as though you are in a pressure cooker or in intense energy?** You may be feeling stress. Old patterns, behaviors and beliefs are also being pushed to the surface. Something good is in the process of shifting. Everything is in divine order but it does not appear or feel that way.

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*....A heavy burden gets lifted each time we release
the arrogant assumption that we are in possession of
the big picture perspective enough to really know what
our highest good is supposed to look like.*

~Scott Kalechstein, *Living the Soulful Life: The Big Secret*

It is up to you to select a point of view that you are in the present moment. Either, "I feel crappy and I don't know why...this sucks...there is no hidden gift here!", or select, "something good is happening: everything is in divine order. It is the way it is."

Something good is happening.
Freely choice how to view what APPEARS to be happening and why.

- **Having lots and lots of thoughts are a part of the process:** *Here is why and something to do...*

<http://eempowerment.com/thoughts.pdf>

- **Are you experiencing emotional ups and downs?:** Emotions are an outlet for release, and you are releasing a lot. The good news is that it's all on the way out. It appears that you are going through stress, tiredness and/or physical sensations. Keep returning to the present moment.

*Seen from a higher perspective, conditions are always positive.
to be more precise: they are neither positive nor negative.
they are as they are. And when you live in complete acceptance
of what is, there is no "good" or "bad" in your life anymore.
There is only higher good, which includes the "bad"...*

~ Eckhart Tolle

- **An unexpected increase in tiredness:** Sub-conscious resistances are trying to hold on. If the tiredness reaches a certain level, take a nap

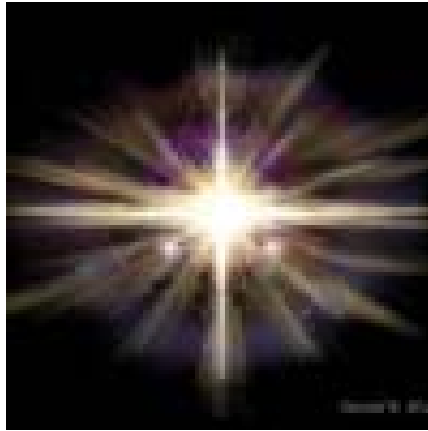
*Something good is happening.
Allowing it to be is better than resisting what is.*

- **Extreme fatigue:** It can indicate your body is going through rapid and intense restructuring. Something good is happening. Freely choose how to view what APPEARS to be happening and why.
- **The old in your life is dropping away:** This can include habits, people and/or circumstances that no longer serve you. The faster you go with the flow and recognize what is for your highest and best good, the faster you will move out of resistance.

*You are not pretending anything; you are allowing it to be what it is,
that's all. This "allowing to be" takes you beyond the mind with
its resistance patterns that create the positive-negative polarities.
It is an essential aspect of forgiveness. Forgiveness of the present is
even more important than forgiveness of the past...*

~ Eckhart Tolle

Summary: It's ALL old garbage on its way out. It is not necessary to look at and analyze each piece of garbage. It is on its way out. Something good is happening. **Thank You for that.**



***This is your journey, and your soul
would not have set it up if you weren't ready.
You are the one who finds your way out and you will.
Looking back, you will have gratitude for the experience,
and be a different person.***

~ Karen Bishop,
<http://whatsuponplanetearth.com>

Inspiration:
<http://eempowerment.com/dye.pdf>

On Faith:
<http://eempowerment.com/2faith.pdf>

Empowering Quotes:
<http://eempowerment.com/empowering.pdf>

*Tuesday's Free Support Group
With a group healing:*
<http://eempowerment.com/tuesdays.pdf>

Picture by Daniel Holeman
<http://www.danielholeman.com/epostcard.html>

Forward to share and Empower Others

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